

the base is made out of a reasonably rigid plastics material which is a non-thermoplastics material such as polyurethane.

18. An oral appliance according to claim 1, wherein the layer of thermoplastic material forming the teeth engaging elements has a thickness of 1mm – 3mm and wherein said continuous layer of thermoplastics material substantially covers the full surface area of the base member.

19. An oral appliance according to claim 1, wherein a tongue tag is formed on the inner flange of the base member, the tongue tag being substantially centrally positioned for correctly positioning the tongue of a user during use and the base member has breathing apertures defined therein for facilitating breathing by a user when wearing the appliance.

A1 20. A method of manufacturing an oral appliance for placing in the mouth of a user, the method including the steps of:

moulding a base member from plastic material in a first moulding step in a first mould, the member having a generally U-shaped form corresponding to the outline of the jaw of a user and inner and outer flanges interconnected by a web which define at least one of upper and lower channels within which the corresponding rows of teeth of a user are received;

removing the base member from the first mould and placing it in a second mould having a larger mould cavity and moulding a continuous layer of thermoplastic material onto the base member to form upper and lower teeth engaging elements capable of being customised to suit the mouth of a user, the layer encasing the member to thereby firmly and securely mount the layer of thermoplastic material on the base member.